

September 2006



A publication of Margaret Schweinhaut Senior Center

1000 Forest Glen Road, Silver Spring, Maryland 20901

PHONE: 301-681-1255

Center Hours: Monday – Friday 9:00 a.m. – 4:00 p.m.

Saturday, 10:00 a.m. – 3:00 p.m.

[HTTP://montgomerycountymd.gov/rec](http://montgomerycountymd.gov/rec)

Entertainment Awaits You

The Seasoned Players - Friday, September 1, 1:00

The Devine Ms. Devitt - Friday, September 8, 1:00

Big Band – Tradition – Friday, September 8, 6:30 – 8:30

Hilda and Hank – Friday, September 15, 1:00

Amazing Amy – Friday, September 22, 1:00

Meagan Lane and the 2nd Story Band – Friday, September 29, 1:00

Intellectual Exploration

Center For Productive Aging – Friday, September 15, 1:00 – 3:00

Managing Stress to Improve Memory – Monday, September 18, 10:30

Health Screenings by Adventist HealthCare – Wednesday, September 20, 9:00 – 10:30

Healing Power of Forgiveness - Wednesday, September 20, 10:00

Mini Stage - Hypnosis Show – Wednesday, September 27, 10:00

Travelogue – Democratic Socialist Republic of Sri Lanka – Fri., September 29, 11:00

**This Center is closed on September 4 for Labor Day
and September 12 for the Primary Election**

*This publication is sponsored by Holiday Park Seniors, Inc., a private non-profit corporation.
Information contained in the advertisements does not constitute any involvement, support, or endorsement by
Montgomery County government, the Department of Recreation, or the individual facility or program referenced.*

SPECIAL SEPTEMBER 2006 PROGRAMS/EVENTS

“The Seasoned Players” – Friday, September 1, 1:00

Enjoy the “Magical Music Memories” featuring show tunes and dances from 1900 to 2006 with Shirley Robson and others. Bingo follows.

Can’t Say It: Aphasia - Tuesday, September 5, 10:30

Aphasia is the loss of speech and language abilities caused by damage to the brain. Join this presentation that explores traditional and computer-aided speech-language therapy to help improve communication skills and to compensate for language difficulties. Facilitator: Janet M. Gritz, MA, CCC-SLP

Street Smarts: Saving the Seniors – Wednesday, September 6, 10:30

Dr. Clifford Thomas, MA/Soke, and his assistant, Ms. Susan McCutchen, continue their hands-on training and demonstration for seniors regarding techniques to protect themselves in times of emergency. This presentation will include a video showing real estate scams that target seniors. The next training session is on October 4.

Capturing Your Photos - Wednesday, September 6, 10:00 - 11:30

In this class you learn how to load a computer with digital photos, and how to modify, copy and “burn” these photos onto a CD. The class is held in the Computer Lab with a limit of 10 people in attendance. Instructor: MSSC’s resident photographer, Paul Mink. Free

America’s Time : the 40’s – Thursday, September 7, 10:30

The Century: America’s Time , Part 3. This chronicles America’s ascension out of the depression as it enters its second world war of the century. Victorious over the German and Japanese armies, America finds itself organizing the reconstruction of Europe under the ambitious Marshall Plan. Movie narrated by Peter Jennings. Facilitator: Betty Timer

Gait & Balance Screening – Friday, September 8, 10: 30 – 12:30 (By appointment)

Suburban Hospital provides a free screening opportunity for seniors who are having trouble maintaining good balance when walking. An expert will observe your gait and offer advice on how to adjust yourself to avoid problems. Register at the Front Desk for your 15 minute appointment. Space is limited.

Travelogue - Hawaii – Friday, September 8, 11:00

Artist and photographer, Adam Peiperl and his wife Martha, share a video on their recent trip to the beautiful islands of Hawaii. Come and enjoy the up close and personal, and exciting hula-dance stage performances brilliantly captured by Mr. Peiperl.

The Devine Ms. Devitt – Friday, September 8, 1:00 – 2:00

Karen Devitt, pianist and professional recording artist, returns to the Center to share her wide-ranging repertoire which encompasses show tunes and easy listening tunes. Bingo follows.

Big Band – Tradition – Friday, September 8, 6:30 – 8:30

Been to a big-band dance recently? MSSC presents a twenty piece orchestra playing the oldies but goodies, line dances, and requests for your dancing and listening pleasure. Light refreshments are served during the intermission. Fee: \$5.00

Monday at the Movies: I am Sam Monday, September 11, 1:00

Sean Pen and Michelle Pfeiffer star in this humorous, heartwarming story about a mentally challenged father who enlists a high powered lawyer to help regain custody of his daughter.

Right Diet For Diabetes – Thursday, September 14, 10:30

Type II diabetes often develops in people 40 and older. It is strongly associated with obesity. Excess fat is believed to interfere with insulin's role in changing glucose to energy. Treatment includes weight loss, moderate exercise, regular monitoring of blood sugar, medication in some cases, and a carefully planned diet. This seminar provides information on the proper diet. Sponsored by Holy Cross Hospital Speakers Bureau.

Travelogue - Israel Today – Friday, September 15, 11:00

Roger Langsdorf shares slides about his March 2006 trip to Israel. In 2003, rising consumer confidence, foreign investment, increasing exports, and tourism boosted the Israeli economy. Whether or not you have visited Israel, you will certainly enjoy the sites and impressions that Roger Langsdorf brings to us.

Hilda and Hank – Friday, September 15, 1:00

Relax and enjoy the delightful blend of violin and guitar provided by Hilda Seibel and Hank Bryant. Hank also provides the vocals for this wonderful musical performance. Bingo follows.

Center For Productive Aging – Friday, September 15, 1:00 – 3:00

In order to plan for the future of an aging Montgomery County, five community forums will meet during September and October. The first forum is held here at MSSC. At this forum participants learn about: the changes taking place in the county in relation to the growing older population; the efforts being made to develop "elder-friendly" communities; and the issues facing older residents today and in the future. Be part of the planning for the future of Montgomery County by attending and letting your voice be heard. Open to all interested residents of Montgomery County. Refreshments will be served.

Managing Stress to Improve Memory – Monday, September 18, 10:30

This seminar emphasizes stress reduction strategies that will assist participants to differentiate between good and bad stress, and presents ways to improve their memory by reducing bad stress. Facilitator: Professor William Anagnoson, Montgomery College Speakers Bureau.

Body Therapy – Tuesday, September 19, 10:30

Dr. John Whittles talks about back pain as well as the exercises to prevent and relieve pain. You will also receive body therapy tips.

Health Screenings by Adventist HealthCare – Wednesday, September 20, 9:00 – 10:30

Many screenings are available including the VAP test (an expanded cholesterol test), Lipid Profile, Homocystein, HsCRP, Glucose, PSA and others. To register and learn more about available tests that might be right for your health situation, including heart screening combinations, please call 1-800-542-5096. Advance registration is requested - walk-ins will be taken if time permits.

Healing Power of Forgiveness - Wednesday, September 20, 10:00

"Forgive yourself and you will forgive others; forgive others and others will forgive you." Learn the latest research that shows how forgiveness can bring spiritual, mental, and even physical healing. Facilitator: Susana Gilardi, Montgomery College Speakers Bureau

Pandemic Flu Information – Thursday, September 21, 11:00

Why all the fuss? Is the media just trying to panic you? What is the difference between seasonal flu, avian flu and pandemic flu? Get an honest perspective from Jamie Borns, Heartwell Nurse from Suburban Hospital.

Amazing Amy – Friday, September 22, 1:00

Amy Lemich-McNabb, singer/guitarist, will entertain you in the Card Room. Her program encompasses traditional favorites from many backgrounds. Bingo to follow.

What Makes Pain Chronic? - Monday, September 25, 1:00

Chronic pain is a complex and debilitating illness because it affects the brain and multiple body systems. Whether you are a sufferer, a caregiver or just curious, the hope is that the information you receive at this seminar increases your knowledge about these issues.

Facilitator: Jan Dommerholt, PT, Pain Specialist and the Pain Connection.

Dizzy Over You – Vertigo – Tuesday, September 26, 10:30

Millions of Americans have disorders of balance described as dizziness. Balance problems are among the most common reasons that older adults seek help from a doctor. Come receive more information about this malady. Sponsored by Washington Adventist Hospital.

Mini Stage - Hypnosis Show – Wednesday, September 27, 10:00

In less than 30 minutes, the speaker, a hypnotist, gives: a little history, some applications, benefits, and a demonstration of suggestibility and trances. Wayson Lee from Montgomery College Speakers Bureau leads this interesting presentation.

Book Discussion - Thursday, September 28, 10:00

The book to be discussed is Jhumpa Lahiri's " *The Interpreter of Maladies*". This is the author's debut novel, which is a collection of stories, and which won the Pulitzer Prize in 2000. Mrs Lahiri expertly captures the out-of-context lives of immigrants, expatriates, and first-generation Americans. Jhumpa Lahiri is the author of " *The Namesake*" (2003), also a bestseller, which is to be made into a film. Discussion Leader: Brenda Rosa

Mind Mapping – Learning Tool – Thursday, September 28, 10:30

Back again by popular demand, Paul Williams returns to the Center to continue his interesting and informative presentation on Mind Mapping. Mind Mapping is a brain-friendly organizational thinking technique that trains the mind and exercises the brain. Mr. Miller is a Buzan Advanced Qualified Instructor for Mind Mapping.

Travelogue – Democratic Socialist Republic of Sri Lanka – Friday, September 29, 11:00

Sri Lanka known as Ceylon before 1972, is a tropical island nation off the southeast coast of the Indian subcontinent. Sri Lanka, a British crown colony for more than a century, gained independence February 4, 1948 and is now a Democratic Socialist Republic with a linguistically and religiously diverse population. Presenter is Ms. Rajika Jayatilake, Consular at the Sri Lankan Embassy.

Meagan Lane and the 2nd Story Band – Friday, September 29, 1:00

Spend an afternoon with the unique sound of the bayou blues and islands played on a guitar and base with Megan as the vocalist.

Margaret Schweinhaut Advisory Council Sponsored Classes

Exercise Classes

Line Dancing - Monday, 10:00 - 12:00

If dancing makes you happy; if you need to get some exercise but work-outs bore you; if you don't have a dance partner; then you must try this line dancing program. Instructor: Olga Fairfax. Free. **NO CLASS ON MONDAY, SEPTEMBER 4, 2006**



SENIOR FIT – Mon./Wed./Fri.**or** Tues./Thur., 9:00 - 9:45 and Sat., 9:30 -10:15

Designed especially for seniors, this exercise program focuses on increasing strength and muscle endurance while improving balance, flexibility, and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Choose from one of three on-going exercise classes sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is **required** before you may begin class. Space is limited. To request a physician's consent form, please call 301-754-7895. Free. **NO CLASS ON MONDAY, SEPTEMBER 4.**

Better Bones – Monday and Thursday, 2:00 - 3:00



This free program is designed for people 55 and older. It focuses on reducing the rate of bone loss, improving balance and flexibility, and enhancing energy and well-being. Please call Holy Cross Hospital Health Line at 301-754-8800 to register and to request a doctor's Permission Form. **NO CLASS ON MONDAY, SEPTEMBER 4**

Weight Training for Seniors - Tuesday, 10:00 – 11:00

If you want to lose fat or change your body, one of the most important things you can do is lift weights. Diet and cardio are equally important, but when it comes to changing how your body looks, weight training wins hands down. This program is sponsored by Suburban Hospital and designed especially for seniors. Class is limited to 15 participants. Future attendees are “wait” listed. Instructor: Matt Rundell, ACSM Health Fitness, A.C.E. certified. Free

Ball Exercise for Seniors - Tuesday, 11:00 – 12:00

Exercises done sitting or lying on a stability ball engage core muscles and build balance. This program is sponsored by Suburban Hospital and designed especially for seniors. Class is limited to 15 participants. Future attendees are “wait” listed. Instructor: Matt Rundell, ACSM Health Fitness, A.C.E. certified. Free



Square Dance Mainstream - Thursdays, 10:00 - 11:00

Pre-requisite: “Beginner” class. With its spins, turns, and arm and leg movements, square dancing can be as good as any other regular exercise activity and it's fun! Register with Montgomery County Department of Recreation. For information call 240-777-6870. Instructor: Betsy Taylor.

Square Dance: Plus 3 - Thursdays, 11:00 -12:00

Pre-requisite: “Plus 1” and “Plus 2” classes Register with Montgomery County Department of Recreation. Call 301-589-4868 for information. Instructor: Betsy Taylor.

T'ai Chi Chuan - Thursday, 10:00 - 11:00

T'ai Chi, an ancient Chinese slow-moving exercise, improves balance, circulation, flexibility, and breathing. It is a series of quiet, supple movements-the quiet to cultivate the spirit, the supple to cultivate the body. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A. M. Carey, D.V.M., M.S. Free.



Yoga Adapted for Seniors - Friday, September 8, 10:30 – 11:10

Yoga connects exercise, breathing and meditation, producing a state of inner peace and creating a stronger, more relaxed and flexible body. This class will show you how to stretch your entire body while doing controlled breathing. Yoga poses and sequences in this class can be using a chair for added balance and stability. Please wear loose clothing. Fee: \$3:00 per session. Instructor: Jane Adams

Computer Classes

Introduction to Computers – Tuesday and Thursday, September 5 to 21, 9:30 – 10:30
6 sessions. This class is geared toward those who have no computer experience. Learn to use the mouse and keyboard. Introductory concepts will be used. Class is limited to 10 students. Instructor: Louis Mastrobattista. Fee: \$35.00. NOTE: Class is held on Monday, September 11 instead of Tuesday, September 12.

WINDOWS 2000 – Tuesday and Thursday, September 5 to 21, 10:00 - 11:00
6 sessions. Pre-Requisite: “Introduction to Computers”. Using WINDOWS, learn file management, computer settings, use of buttons, bars, boxes, etc. Class is limited to 10 students. Instructor: Louis Mastrobattista. Fee: \$40.00. NOTE: Class is held on Monday, September 11 instead of Tuesday, September 12.

Computer Monitoring – Fridays, September 8 & 22, 1:00 - 2:30
If you have taken the Center’s “Introduction to Computers”, “WINDOWS 98”, or “Internet” classes, and now find that you need some extra guidance as you work with a particular program, feel free to drop in for this open “help” session. Instructor: Steve Sachs. Free

Upcoming Computer Classes

Introduction to WINDOWS 2000 - Tuesday & Thursday, 9:30 – 10:30,
6 sessions. Pre-requisite: “Introduction to Computers” class. Class is limited to 10 students. Instructor: Louis Mastrobattista. Fee: \$40

The Internet – Tuesday & Thursday, October 3 – 19, 11:00- 12:00, 6 sessions. Pre-requisite: Introduction to Computers” and “WINDOWS 2000” classes. Class extensively covers all aspects of the Internet. Students will learn how to use browsers, send and receive e-mails, and accomplish other miscellaneous tasks on the internet. Class is limited to 10 students. Instructor: Louis Mastrobattista. Fee: \$40

Internet Play – Tuesday & Thursday, October 24, 26, 31, 11:00 - 12:00, 3 sessions \$20
Apply skills you already know to search and find information on the internet. Find and recognize: a good website for seniors, play free games, go shopping as well as obtain information on recent news and entertainment. Instructor: Steve Sachs.



Art & Craft Classes



Quilting and Hand-Sewing – Monday, 1:00 – 3:00.

If you enjoy quilting and/or hand-sewing, please join this great group. Bring in your “work in progress” projects. Instructor: Liz Brigman

Ceramics - Tuesday and Thursday, 9:30 - 1:30

This is on-going class and seniors are welcome to join at any time. Learn the proper techniques to complete ceramic pieces, including cleaning, firing, staining, glazing, or painting with acrylics. The class fee is \$15.00 per month. Instructor: Gloria Panza

R.S.V.P. Knitters and Crocheters, Thursday, 1:00

If you are an experienced knitter or crotchetier, please join this group of talented seniors who create useful items which are then given to R.S.V.P. (Retired Seniors Volunteer Program) who distributes them to the needy. Donated yarn is provided. Instructor: Casimira Wolman. Free

Brush Strokes - Friday, 10:00 - 12:00

Enjoy the camaraderie of fellow art enthusiasts. Bring your drawing materials, paints and accessories. No pressure; just pleasure!

Community Sponsored Classes

AARP Driver Safety Program For Deaf Seniors



Monday and Wednesday, September 11 & 13, 10:00 - 3:00

Pre-registration is required. A.A.R.P. conducts this two-day classroom safe-driving course with two (2) deaf certified instructor, Vilas Johnson. (A one-hour lunch break is given. You may bring your own lunch or eat at the Center.

Please call 301-681-1255 for lunch reservations.) For further information, please contact Vilas Johnson at vmjohnson1@aol.com or 301-794-5753 (TTY). Fee: \$10.00.

AARP Driver Safety Program



Monday and Wednesday, October 15 & 17, 10:00 - 3:00

Pre-registration is required. A.A.R.P. conducts this two-day classroom safe-driving course which concentrates on defensive driving techniques and current automobile laws. (A one-hour lunch break is given. You may bring your own lunch or eat at the Center. Please call 301-681-1255 for lunch reservations.) Fee: \$10.00.

F.Y.I. and Staff Notes

Transportation to the Margaret Schweinhaut Senior Center

Effective September 1st, a Ride-On bus to and from the center is available daily in the neighborhood. For more information, please call 301-681-1255.

Blood Pressure Screenings - The Center offers free monthly screenings by qualified registered nurses. They are scheduled on Tuesday, September 5 and 19 from 12:15 to 1:30, on all Thursdays from 9:00 to 2:30, and on Friday, September 15 from 12:30-1:30.

Primary Election Day - September 12 - Have you noticed the new voting machine in our lobby? Ask at the front desk for instructions on how to use the voting machine in order to practice the new system.




Ride-On Bus

Effective July 3, 2006, seniors travel free on "Ride-On" buses between the hours of 9:30 a.m. to 3:00 p.m., Monday – Friday. Pre-Requisites: Metro Senior ID Card, Medicare Card with Photo ID, or a Metro Disabled ID Card. An Access Card also serves as an acceptable ID. For more information please call the Transit Transportation Center: 240-777-7433.

Exercise Equipment - Have you checked out the new exercise equipment? The Center now has two treadmills, an elliptical cross-training machine, a stationary bike, and a universal weight station. Everyone should consult his/her physician before beginning any aerobic exercise program. Exercise shoes are mandatory. We recommend that anyone unfamiliar with these machines attend the free demonstration training sessions on Thursday, September 14 at 10:00 or Tuesday, September 19 at 11:30. Remember you use this equipment at your own risk.

Senior Volley Ball – Membership is needed at Wheaton Recreation Center on Mondays & Thursdays. For more information contact Nancy at 301-933-8530.

Calling all Red Hatters -Ladies come dressed in your finery and prepare to have fun with the Center's "Chic Red Hatter's of Merryland." The regular get-together is on Wed., September 20 at 2:15. See scheduled of activities on the bulletin board in the Snack Area.

Thursday	Friday	Saturday
<p>Please come to a:</p> <p>Community Forum Friday, Sept. 15, 1:00</p>	<p>1</p> <p>Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 ♫The Seasoned Players 1:00 Widowed Persons Group 1:00 Bingo 2:15 -3:30</p>	<p>2</p> <p>No Senior Fit Pool Room 10:00 -2:45 Shuffle Board 10:30 - 12:00 Line Dancing 10:00-12:00 Qi Gong 12:00 Party Bridge 12:00 -2:30</p>
<p>7</p> <p>Senior Fit 9- 9:45 ♥ ♣ Heartwell 9-2:30 \$Ceramics 9:30-1:30 \$Intro to Computers-9:30-10:30 America's Time: "the 40's" 10:30 \$Square Dance Classes 10:00 -12:00 Tai Chi Chuan 10:00 \$Windows 9:00- 10:30 \$Duplicate Bridge 1:00- 3:30 RSVP Yarners 1:00 Better Bones 2:00</p>	<p>8</p> <p>Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 Gait and Balance Screening 10:30-12:30 Travelogue to Hawaii 11:00 ♫Karen Devitt 1:00 Widowed Persons Group 1:00 Bingo 2:15 -3:30 Computer Mentoring 1-2:30 <u>Big Band Tradition Dance 6:30-8:30</u></p>	<p>9</p> <p>Senior Fit 9:30 – 10:15 Pool Room 10:00-2:45 Cards & Table Games 10:15 -11:45 Shuffle Board 10:30 - 12:00 Line Dancing 10:00- 12:00 Caregivers: Getting Organized 10-11:30 Qi Gong 12:00 Party Bridge 12:00 -2:30</p> 
<p>14</p> <p>Senior Fit 9- 9:45 ♥ ♣ Heartwell 9-2:30 \$Intro to Computers-9:30-10:30 \$Ceramics 9:30-1:30 Right Diet for Diabetes 10:30 \$Windows 9:00- 10:30 \$Square Dance Classes 10:00 -12:00 Tai Chi Chuan 10:00 \$Duplicate Bridge 1:00- 3:30 RSVP Yarners 1:00 Wheaton NARFE 1:00 Better Bones 2:00</p>	<p>15</p> <p>Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 \$Yoga for Seniors 10:30-11:10 Travelogue: Israel Today 11:00 ♣ Blood Pressure Screening 12:30-1:30 Widowed Persons Group 1:00</p> <hr/> <p>Center for Productive Aging 1:00</p> <hr/> <p>♫ Hank and Hilda 1:00- card room Bingo 2:15 -3:30 card room</p>	<p>16</p> <p>Senior Fit 9:30– 10:15 Pool Room 10:00 -2:45 Cards & Table Games 10:15 -11:45 Line Dancing 10:00- 12:00 Shuffle Board 10:30 - 12:00 Qi Gong 12:00 Party Bridge 12:00 -2:30</p> 
<p>21</p> <p>Senior Fit 9- 9:45 ♥ ♣ Heartwell 9-2:30 \$Ceramics 9:30-1:30 \$Intro to Computers-9:30-10:30 Deaf Senior Association 10:00-4:00 \$Square Dance Classes 10:00 12:00 Argyle Tai Chi Chuan 10:00 \$Windows 9:00- 10:30 Pandemic Flu 11:00 \$Duplicate Bridge 1:00- 3:30 RSVP Yarners 1:00 Better Bones 2:00</p>	<p>22</p> <p>Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 \$Yoga for Seniors 10:30-11:10 ♫Amazing Amy 1:00-card room Widowed Persons Group 1:00 Bingo 2:15-3:30 card room Computer Mentoring 1-2:30</p>  <p>Indian Show</p>	<p>23</p> <p><u>Snr. Fit 930– 10:15 at Dameron</u> Pool Room 10:00 -2:45 Caregiving from a Distance 10-11:30 Cards & Table Games 10:15 -11:45 <u>No Shuffle Board 10:30 - 12:00</u> Line Dancing 10:00-12:00- Art Room Qi Gong 12:00- Art Room Party Bridge 12:00 -2:30</p> <p>Indian Show</p>
<p>28</p> <p>Senior Fit 9- 9:45 ♥ ♣ Heartwell 9-2:30 \$Ceramics 9:30-1:30- 2:00 \$Square Dance classes 10:00-12:00 Tai Chi Chuan 10:00 Book Discussion 10:00 Mind Mapping- 10:30 \$Duplicate Bridge 1:00- 3:30 RSVP Yarners 1:00</p>	<p>29</p> <p>Senior Fit 9- 9:45 Brush Strokes 10:00 - 12:00 Karaoke Sing-Along 10:00 \$Yoga for Seniors 10:30-11:10 Travelogue to Sri Lanka 11:00 ♫2nd Story Band 1:00 Widowed Persons Group 1:00 Computer Mentoring 1-2:30 Bingo 2:15-3:30</p>	<p>30</p> <p>Senior Fit 9:30 – 10:15 Pool Room 10:00 -2:45 Cards & Table Games 10:15 -11:45 Shuffle Board 10:30 - 12:00 Line Dancing 10:00-12:00 Qi Gong 12:00 Party Bridge 12:00 -2:30</p> <p>MSSC Anniversary October 13</p>

ON-GOING PROGRAM/ACTIVITIES

SHIP/Senior Health Insurance Assistance Program – 2nd Monday, 10:00 - 12:00

Ms. Chris Ledley, our representative from the Senior Health Insurance Assistance Program (SHIP), is available for one-on-one counseling on Medicare part D, Medicare, Medigap, long-term care insurance, managed care, HMO's, and claims and appeals. For more information, call 301-590-2819 or, check the website at www.medicarehelp.org.

Antiques and Collectibles – 2nd and 4th Mondays, 10:00 – 11:30.

This knowledgeable group discusses the history, value, etc. of all varieties of antiques and collectibles. Bring along items to discuss, or just sit back, listen and learn. All are invited.

September 11 – Belt Buckles and other clothing accessories. September 25 - Glass figures including bottles. Leader: Lou Unger

Monday Bingo- SENIORS ONLY – Mondays, 10:30

Competition and camaraderie reign on Monday mornings during bingo. Prizes are gift certificates of variable amounts for food items from Jerry's Subs and Pizza at Four Corners (301-681-3850). Hats off to Mr. John Distler, Manager, for making this activity possible.



WWII-Korean War Veterans Discussion Group - Monday, September 18, 1:00

The subject is "Rehabilitation of Combat Veterans" at Walter Reed Army Medical Center. Key speakers will be Captain Allison Franklin and Major Brandon Goff, both U. S. Army Medical Corps. All are welcome. Contact: Donald McKee 301-593-4591

Brush up Your Shakespeare -

Tuesday, September 5, 1:00 Introduction to the new format; Shakespeare on Screen, full length films or T.V. productions. Discussion of the history-making movies made in the 20th or 21st centuries. The plays we will see will be presented in the order they were presumable produced in Shakespeare's time.

Tuesday, September 19, 1:00 "Looking For Richard" - Al Pacino's intriguing film about Richard III, an early history play. It is also an introduction to Shakespeare. After September, classes will convene the 2nd and 4th Tuesdays of the month. Facilitator – Carol Sokolski



Afternoon at the Opera – Tuesday, September 26, 1:00

This program is a compilation of some of the best known and loved opera choruses, including: Aida, Nabucco, Il Trovatore, Orphee Et Eurydice, Cavalleria Rusticana, Tosca, Madama Butterfly, La Boheme and Turandot. Discussion Leader: Irv Nurik

Senior Services in Montgomery County - Tuesday, September 19, 10:30

Anita Joseph, Information and Assistance specialist with the Montgomery County Department of Health and Human Services, is available by appointment (240-777-3000) or in person at the Center. Learn about the services available to seniors in Montgomery County, and the procedures necessary to obtain these services and benefits.

Duplicate Bridge – Tuesdays, 1:00 – 3:30

Play in an ACBL sanctioned game open to all seniors. Please bring along a partner as partnerships are not guaranteed. Fee: \$3.00. Leader: Roz Dixon

Coping with Change - Tuesdays, 1:00

As we age there are many things that change around and in us. Adapting to these changes is at best challenging. Join a guided open discussion (guided by an experienced group leader and an exceptionally good listener) that shares personal experiences of the aging process. Group Leader: Stephanie Svec of the Affiliated Sante'.

Italian Language Class – Wednesdays ,1:00-2:30

Gain knowledge of the spoken Italian language as you explore its beauty and culture.

Prerequisite: Participants must have a working knowledge of the Italian language. Instructor: Rose Mary Greenwood. Free

Free Legal Advice - Wednesdays, 1:00

Free legal advice to any and all seniors who desire it. Get help drawing up your will. Get answers to your legal questions, and references to other experts should you need them. Please register at the front desk on arrival. Consultation is on a first-come, first-served basis. Call the Center for more information. Legal Consultant: Mr. Harold Golding, Attorney-at-Law (retired)



Kaleidoscope (Discussion Group) - Wednesdays, 1:00 – 3:00

Do you like discussing the news with people who are interested in current events? Persons of diverse opinions are always welcome to join this knowledgeable group. Come to either share your thoughts or just listen. Discussion Leader: Bob Hautman



LET'S DANCE! – Wednesdays, 1:00 – 2:30

The dance floor is large! The company is friendly! Come with or without a partner and enjoy the music at this free, weekly DISCO where seniors dance to their favorite songs.

Heartwell - Thursdays, 9:00 - 2:30

Registered nurse Jamie Borns from Suburban Hospital provides free consultation and monitoring of chronic disease management. In order to be in this program you must be at least 65 years old, have a primary-care physician, have a diagnosis of cardiovascular disease, be willing to consent to allow the nurse to share information with your physician, and let the nurse know if you are hospitalized.



Duplicate Bridge – Thursdays, 1:00 – 3:30

Open to all senior players. ACBL sanctioned. Bring along a partner as partnerships are not guaranteed. Fee: \$3.00. Leader: WonJoo Cho

Karaoke Sing Along - Fridays, 10:00

You've heard the expression "follow the bouncing ball", now meet the latest version and join this group of seniors for a low-key, sing-along. You'll hear all your favorites from yesteryear and, even better, you'll be able to see the words on television while the music plays along. Grace Griffin and Jack Meiners (harmonica) lead this fun-filled group.

Widowed Persons Support Group - Fridays, 1:00

Co-sponsored by the Widowed Persons Service, this group provides support and understanding for people who have had a spouse die in the last two years. Participants are encouraged to attend the weekly sessions. Call 301-754-7398 for the required registration and/or to speak to the group's facilitator.

Bingo – Fridays 2:15-3:30

Enjoy the camaraderie and excitement of the game. Food items are prizes.

SATURDAY ACTIVITIES

SENIOR FIT – 9:30 -10:15 Designed especially for seniors, this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility to reduce the risk of osteoporosis, diabetes, heart disease, and obesity. Permission from your health provider is **required** before you may begin class. Space is limited. To request a physician's consent form, please call 301-754-7895. Free



Family Caregiver Education Program -10:00-11:30 These seminars are designed for people who give care to individuals over 60. This month's topics are: September 9- *Getting Organized*, September 23- *Caregiving from a Distance*. Call, Linda Hickman at 240-777-1720 for more details. Free

Pool Room - 10:00 - 2:45. The Center has six full sized tables for your use. Both men and women are encouraged to try their hands at this sport. (The pool room is also available Monday- Friday, 9:00-4:00.)



Senior Line Dancing - 10:00 – 12:00. Join this fun-filled dance class each Saturday morning. No partners necessary. Dance Leader/Instructor: Geraldine Doswell Free



Card Room - 10:15 - 11:45. The Card Room is open for all card and table games.

Bocce (Italian Lawn Bowling) - 10:15 - 2:30. Enjoy Bocce on our two covered outdoor courts. See staff for equipment. (Also available Monday - Friday, 9:00 am - 4:00.)

Shuffleboard - 10:30 - 12:00. As this activity grows, more and more individuals are finding shuffleboard to be challenging and an interesting way to exercise. Enjoy a morning with friends on our two indoor courts. New players are always welcome.

QiGong - 12:00 – 1:00. Sometimes called Chinese Yoga, QiGong consists of easy-to-learn, graceful movements that promote relaxation and good health – an ancient healing art perfect for the modern world. Relax your body, calm your mind, and refresh your heart with these easy to learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free

Party Bridge - 12:00 - 2:30. Bridge with a different twist - Party Bridge is a perfect way to meet people with whom you share a common interest. In Party Bridge you play a pre-determined number of hands, then rotate to a new partner. Everyone keeps their own score and the highest score is posted. Players are seated as they arrive. Partners wishing to play the first "round" together must arrive together. Games start promptly at 12:00 p.m. In fairness to the bridge players, please plan on staying until **all** the games are ended. Facilitator: Noel Egland.



Staff at the Margaret Schweinhaut Senior Center

Director: Betty Timer.

Office Staff: Bernadette Moss, Mary Ellen Newman, Jacqueline Richardson, Yvonne Stone


Nutrition Staff: Diana Lugo; Estelle Donin. Food Server: Irene Thompson (Summer)

Arts & Crafts: Gloria Panza. Saturday Staff: Marge Barbee. Porter: Ines Ramos.

LUNCH

LUNCH IS SERVED MONDAY THROUGH FRIDAY AT 12:00. Please make your reservations for bus and/or lunch at the Margaret Schweinhaut Senior Center, Monday through Friday, at least one business day in advance, with the Nutrition Site Manager. Please call the Center at **301-681-1255** to either make or cancel bus and/or lunch reservations before 12:00 noon the day before. **The full cost of the meal is \$4.38.** For persons age 60 or older, a spouse of any age, a voluntary contribution is requested. Guests (including caretakers) under age 60 must pay full cost. Please contribute as much as you can--contributions are used to purchase more meals.

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Nutrition Hotline, Wed. 9-11 240-777-1100				1 – Chicken Patty on a Bun/ Lettuce/Tomato
4 – Labor Day Center Closed	5 – Breaded Scrod	6 – Spaghetti with Meat Sauce	7 – Soup & Cottage Cheese & Peaches	8 – Honey Mustard Chicken
11 – Baked Scrod	12 - Primary Election Center Closed	13 – Hamburger on a Bun	14 – Baked Rigatoni	15 – Soup & Chicken Salad Sandwich
18 – BBQ Beef on a Bun	19 – Spinach Cheese Rice Casserole	20 – Tuna Rotini Salad	21 – Hot-Open -Face Turkey Sandwich	22 – Boxed Lunches
25 – Chicken Chow Mein	26 Broccoli Soup	27 – Vegetarian Lasagna	28 – Salisbury Steak/Gravy	29 – Baked Scrod

Community Organizations Meeting at the Center

- Montgomery County Stroke Club (& Support Group) September 5, 10:30 a.m.
- Wheaton NARFE (#1887) – September 14, 1:00 p.m.
- WWII/Korean War Veterans Meeting – September 18, 1:00 p.m.
- Montgomery County Coin Club – September 19, 7:00 p.m.
- MD Deaf Senior Citizens – September 21, 10:30 a.m.
- Silver Spring NARFE (#260) – September 25, 1:00, p.m.
- Silver Spring Philatelic Society (Stamp Club) –September 26, 7:45 p.m.

***Come enjoy the music of the big band sound at the
Margaret Schweinhaut Senior Center.
Friday, September 8, 6:30-8:30***



UPCOMING OCTOBER 2006 PROGRAMS/EVENTS

Wednesday, October 4 – Street Smarts

Friday, October 6 – Marcie Prince sings

Tuesday, Oct. 10 – Healthy Lungs

Wednesday, October 11 – Transcendental Meditation

Thursday, October 12 – Franklin's Fabulous Feats

Friday, October 13 – Celebrate the Center's 34 Anniversary includes entertainment and food

Saturday, October 14 – Family Caregiver Program Support Services & Housing Options

Tuesday, October 7 – Healthy Mouth

Wednesday, October 18 – Senior Connection

Friday, October 20 – Frank's Dancing Dolls

Monday, October 23 – Hypnotherapy

Tuesday, October 24 – Breath of Fresh Air – Respiratory Care

Wednesday, October 25 - Social Security Disability Benefits

Thursday, October 26 – Bridge Mania

Friday – October 27 – June Stark's musical entertainment

Saturday, October 28 – Family Caregiver Program – Medical & Health Issues

Tuesday, October 31 – Organizing Your Life

Margaret Schweinhaut Advisory Council Class Payment and Refund Policy

Class registrations must be done in person at the staff office (checks payable to M.S.S.C.). All requests for refunds must be made in writing. Refunds requested at least three working days prior to the first class will be refunded at 100% of the fee; refunds requested less than three days prior to the first class or after the first class will be refunded at 75%; after the second class but prior to the third class, refunds will be 50% of the class fee. After the third class, there is no refund. We do not pro-rate classes; you must pay the full amount.

Table of Contents:

Programs/Events: pg. 2,3,4

Classes: pg. 4, 5, 6,7

FYI and Staff Notes: pg. 7

Calendar of Events: pg. 8,9

On-going Programs/Activities: pg. 10,11

Saturday Activities: pg. 12

Lunch; Organizations: pg. 13

Upcoming Events; Contents pg. 14